

MEATBALLS MARSALA

Prepared by: Lauren O'Dell Patton

Source: Smitten Kitchen Every Day

For the meatballs:

- 1 lb. ground chicken
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 1 small yellow onion, minced
- 1 teaspoon kosher salt, plus more for the onion
- 1/2 cup panko breadcrumbs
- 1 large egg
- 1/4 cup milk (or water)
- Freshly ground black pepper

For the sauce:

- 1/4 cup dry Marsala, sherry or Madeira
- 3 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- 1 3/4 cups chicken stock or broth
- 1/4 cup heavy cream
- salt and freshly ground black pepper

For assembly:

- 12 oz. wide egg noodles
- 1 tablespoon butter
- 4 teaspoons minced fresh chives

To make the meatballs:

Place the chicken in a large bowl. Heat a large heavy saute pan over medium heat. Add half the olive oil and butter. When the oil & butter is hot, add onions and a pinch or two of salt. Cook, stirring until the onion is a deep golden brown, 5 to 7 minutes. Cool slightly and, then add to the bowl with chicken, along with panko, egg, milk or water, 1 teaspoon salt, and many grinds of black pepper. Stir to combine. Scoop out 2 tablespoons of the meatball mixture and form meatball with hands. Repeat with remaining meat mixture.

Add the remaining butter and oil to your frying pan over medium heat. Arrange the meatballs in one layer. They will seem very soft, but as soon as they've been cooked for a couple of minutes they will begin to hold together better. Brown on all sides and remove with a slotted spoon and drain on paper towels.

to make the sauce:

Pour in the Marsala, and simmer until it's almost completely cooked off, scraping up any browned bits that have been stuck to the pan. Add the butter to the pan and let it melt, then whisk in the flour, cook the mixture stirring for 1 minute. Slowly add the broth, whisking the whole time. Add the cream, and bring the mixture to a simmer, then add salt and pepper to taste. Return the meatballs to the pan, turn to coat them in the sauce, reduce the heat to medium-low and cover; let them simmer in the sauce for 10 minutes. Check meatballs to see if they're cooked through. Add more cooking time if needed.

meanwhile, cook the noodles:

Bring a large pot of salted water to a boil, cook the noodles according to package directions. Drain.

to finish:

Place the noodles in a bowl and toss with butter. Add meatballs and pan gravy on top. Garnish with chives.

Lauren's Notes: "These were delicious. However, I don't think they were as good as they could be since I doubled the recipe. I'll definitely try this again!"

